

HOSPITAL ECONOMICS, TEACHERS COLLEGE, N. Y.

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DOMESTIC SCIENCE 10—FOODS

THIS course covers the following general topics: Composition and nutritive value of foods; fundamental principles and processes of cookery; comparative study of fuels and cooking apparatus. It is designed to give a thorough knowledge of theory and practice in cooking, and to aid the student in arranging subject-matter for teaching. Special attention is given to scientific methods of laboratory work, and to the adaptation of such methods to the school.

LABORATORY LESSON ON EGGS

- I. Composition.
- II. Nutritive value and digestibility.
- III. Effect of heat.
- IV. Cookery.

Materials, flavors, and garnishes suitable for combination with eggs, etc.

Soft and Hard Cooking of Eggs.

Chief difficulty, to ascertain and regulate time in which water should reach boiling-point.

Reading references: "Practical Dietaries," Hutchinson; Envelope 154, filing case; various cook-books.

Effect of Heat upon White and Yolk of Egg.

GROUP 1.—Experiments to determine the temperature at which the white and yolk of egg coagulate:

Experiment 1.—Apparatus—Retort stand, wire square, beaker, test-tube, thermometer.

Materials: White of egg, cold water.

Pour white of egg into the test-tube, having a sufficient quantity to cover the thermometer bulb. Suspend the test-tube in the beaker, which should contain the cold water; suspend the thermometer in the test-tube.

See that the test-tube does not touch the beaker, and that the water level is above the white of egg. See also that the thermometer does not touch the test-tube.

Heat the water slowly.

Note the record :

Temperature at which coagulation is first apparent.

Temperature at which whole mass is coagulated.

Consistency of the coagulated white at such temperature.

Consistency when the water reaches the boiling-point.

Experiment 2.—As Experiment 1, substituting the yolk for the white of egg.

GROUP 2.—Experiments to determine the amount of yolk and white of egg necessary to thicken a liquid.

Experiment 1.—Utensils, a double boiler.

Materials.—One pint of milk, two eggs.

Proportions.—Milk: No. 1, two-thirds cup; No. 2, two-thirds cup; No. 3, two-thirds cup. Egg: No. 1, one; No. 2, one yolk; No. 3, one white. Result.

Method of Mixing.

Nos. 1 and 2.—Heat the milk. Beat the egg until smooth, but not foamy. Pour the heated milk slowly upon the egg, stirring as you pour. Return the mixture to the boiler, and stir until it thickens. Note length of time.

Query: How may it be determined that this mixture is cooked sufficiently?

Precautions: To avoid curdling, keep the water in the lower part of boiler below the boiling-point.

Turn the mixture into a cold vessel when it has thickened. If curdling occur, turn the mixture into a cold vessel, add a little cold milk, and beat vigorously.

No. 3.—Mix the white of egg smoothly with a portion of the milk when cold; otherwise, proceed as in 1 and 2.

Experiment 3. Utensils.—A double boiler; small baking-cups set in a large pan.

Materials.—As in Experiment 1.

Proportions.—As in Experiment 1.

Method of Mixing.

Proceed as in Nos. 1, 2, 3 of Experiment 1 until the hot milk has been added to the egg. Fill the baking cups three-quarters full with the mixture. Set the cups in a pan and pour hot water around the cups to two-thirds of their height. Place the pan in an oven at 400° F. Bake until the custards are set. Test with a knife.

Queries: At what point in the mixing shall sugar be added in Experiments 1 and 2? How much? When should flavoring be added? Can you suggest additional experiments?



DOMESTIC SCIENCE LABORATORY WITH EQUIPMENT NO CLASS



ANATOMY CLASS WITH EQUIPMENT OF SKELETONS, ETC. CLASS AND INSTRUCTOR

THE MONTHLY REPORT

MISS ALLINE reports that the lectures given by Miss Riddle and Mrs. Robb have made the month of March of more than usual value to the students, and says that their lectures were keenly enjoyed.

The excursions for the month were to the New York City Hospital, where its recently instituted preparatory course was studied; a visit to the Metropolitan Hospital, where the chief feature of interest was the method of isolating tuberculous cases, the Roosevelt Hospital, and the Sloane Maternity.

The lessons in the Speyer School have been continued, and the pupils are enthusiastic. Miss Alline says that the Hospital Economics class is greatly indebted to their many nursing friends, especially those of the settlement, for their numerous invitations to lectures and entertainments. At the college the concert given by the German Liederkrantz was especially enjoyed. The lesson which appeared under the "Hospital Economics" heading in the March JOURNAL should have been accompanied by a picture of which it was simply explanatory, but this picture went astray in the mail, and is presented in this number.

The only subscriptions towards the expenses of the course was ten dollars from Miss Hall and ten from Miss Nutting. Money is urgently needed in order to meet current expenses. We are now in debt about one hundred and fifty dollars, and would ask for some concerted effort towards supporting this course. The lecturers on special subjects receive no compensation for their time or trouble. Their bare expenses only are paid, and frequently even these are not covered. Five students have already been accepted for the next teaching-year, with the promise of others. It would seem, indeed, a great pity if the first effort in any country successfully made in the direction of teaching teachers of nurses how to teach, and giving them the benefit of the experiences of those older in the profession towards carrying on their executive work, should be allowed to lapse because of lack of funds. Subscriptions may be sent to Miss A. L. Alline, treasurer, at the college, or to any member of the committee.

MAUD BANFIELD, Chairman.

